



RESILIENCY;
the ability to recover readily from
illness, depression, trauma, tragedy,
personal crises or adversity.



Suicide Prevention Lifeline: 1-800-273-8255

**Sexual Harassment/Assault Response Program (SHARP):
1-757-268-8967**

SAFE Helpline: 1-877-995-5247

National Sexual Assault Hotline: 1-800-656-4673

Domestic Violence Hotline: 1-800-799-7233

**RAINN (Rape, Abuse, Incest National Network):
1-800-656-HOPE (4673)**

Child Abuse Hotline: 1-800-552-7096

Adult Abuse Hotline: 1-888-832-3858

Military OneSource Hotline: 1-800-342-9647

**McDonald Army Health Center
Appointments: 1-866-645-4584
Specific Clinic: 1-757-314-7500**

Military Family Life Consultants (MFLC's): 1-757-755-5506

Fort Eustis Military Police Department: 1-757-878-4555

Fort Eustis Fire Department: 1-757-878-4281

Fort Eustis Safety Department: 1-757-878-3740

Poison Control: 1-800-222-1222

American Red Cross: 1-877-849-8543

**Salvation Army: 1-757-838-4875 (Hampton/Newport
News/York)**

**Department of Human Services
Newport News: 1-757-926-6300
Hampton: 1-757-727-1800
York-Poquoson: 1-757-890-3797
Gloucester: 1-804-693-2671**